

San Francisco bartenders offer helpful, amusing remedies for nagging hangovers. A map of bar locations and whimsical illustrations of cocktail slurping dogs add to this book's intoxication and allure.

Hair of the Dog

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Hangover Remedies from
San Francisco Bars

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“Hangovers are unfinished business. You feel like you have been poisoned. Well you have. There is headache, fatigue, increased sensitivity to light and sound, redness of the eyes, muscle aches, thirst, dizziness, sweating, poor concentration and irritability.

If that is a not sign of poisoning, I’m not a Beagle.

The sources of the problems are probably two: 1) the part of the drink that gives it the distinctive taste-called fusel oils or congeners and 2) the breakdown products of the alcohol (ethanol) itself (acetaldehyde).

There is also the disruption of sleep cycles, irritation to the lining of the stomach as well as the dehydration and loss of essential body chemicals (electrolytes-sodium and potassium for instance). Low blood sugar is often adds to the problem as well as the use of an excess of other drugs while drinking-- tobacco for instance if not illicit drugs.

Julia Hollister

All of these combine to produce a potent nasty mixture to give you a vascular headache (like a migraine).

So, my advice is to take two aspirins and see the professional bartender remedies.”

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